3: Fortes E-5 (1934-1937) 1949
FE11 Tallensi FE11

than the others, all the women must be allocated more or less equal plots for this purpose. Each woman, with the help of her daughters or a daughter-in-law, collects and stores wild herbs and edible leaves, buys condiments and seasonings like salt, pepper, and locust bean balls, sometimes with the proceeds of her own petty trading in the markets, and collects shea nuts for the preparation of shea butter, the most important source of fat and the most prized emollient in the native cuisine, for the use of her own *dug*. If a man gives a penny or twopence to one wife for the purchase of seasonings, he must, either immediately or on subsequent market days, give some money to his other wives for this purpose. If he obtains some meat, he must either distribute it amongst all his wives or give all of it to his senior wife to use or preserve for the benefit of the whole family. Only a wife in childbed is entitled to have extra luxuries, which it is the duty of her husband to provide.

Though each woman cooks for herself with an eye to the feeding of her own children and her husband, in the first place, co-wives are obliged to share food prepared with grain from the common supply. In times of plenty, if all the wives of a man have cooked a meal, each woman dishes out a portion of porridge and the accompanying relish for her husband, a portion for herself and her child or children eating with her, and a smaller portion for each of her co-wives. The husband should taste all the dishes sent in to him by his wives, and should pass on to the older children who do not eat with their mothers the dishes he does not want for himself. In times of scarcity a man's wives may cook in rotation for the whole family. But if a woman has a private supply of grain, obtained by trade or from her own relatives, she is entitled to use it for feeding her own children and the husband only; she need not give anything to her co-wives or their children.

In the production and utilization of food-supplies, as this brief sketch shows, the common interests of the *yi* are distinctly paramount. Co-wives co-operate most harmoniously, both among themselves and with the other women of the household, in this sphere of family life. In the organization of productive labour and of the domestic economy, and in the conventions regulating mutual help in this sphere, the dependence on one another of all the members of a household for their sustenance is constantly emphasized. But the relative autonomy of the *dug* is never wholly submerged. The women do not pool the products of their individual labour and enterprise. They do not pool their utensils, and family quarrels sometimes arise because one woman or one woman's child has borrowed and damaged a utensil belonging to another. They keep their firewood supplies, the accumulation of which is one of their most arduous tasks, jealously separate; and they do the same with vegetables and seasonings. There is sometimes friction between co-wives over the use of the grinding-room. But it is significant of the balance usually maintained between the centrifugal tendencies of the *dug* and the

3: Fortes E-5 (1934-1937) 1949
FE11 Tallensi FE11

had two little daughters, aged about 3, by different wives. One day the two children appeared very proudly each wearing a strip of cotton print about the waist. Ɔmara explained that he had bought them these 'skirts', which had to be exactly the same in size and pattern. Had they been different in colour or size, or had he bought the children different presents, they would have been very upset and their mothers angry. He would have been accused of discriminating between them.

As this instance suggests, the closer children are in age or parentage or both the more should they be treated alike. The limiting case is that of twins and this deserves a special note. Twins (*leeba*)[1] are not greeted with joy among the Tallensi; but they are not destroyed; nor are they regarded as sacred in any circumstances; nor is the mother subject to moral censure or ritual penalties. But no woman desires to bear twins. One of the most efficacious medicines that can be placed in a ground-nut plot or among *ma'ana* (*Hibiscus esculentus*), *bɛt* (*H. sabdariffa*), or *bɛris* (*H. cannabinus*) plants—all of which supply favourite ingredients for sauces[2]—to prevent women from pilfering these crops is the medicine of twins (*leeba teem*) used in purifying the parents of twins. Anyone who defies this charm will have twins, it is said. I have seen women run on catching sight unexpectedly of a twin medicine charm dangling in a farm.

Tallensi believe that twins may not be 'human (*ninvoo*)'—i.e. complete social beings—at birth. As soon as they are born, a man who owns twin medicine is asked for medicine to mark their sleeping-place. If one or both die shortly after birth that is proof positive that he or they are *kɔlkpaaris*, malicious bush sprites, not human beings. They are then buried ignominiously in a special uninhabited place. A twin that survives the first month or so of life is tacitly assumed to be human and treated as an ordinary child. But if it dies in early infancy it may still prove to have been a *kɔlkpaarəg*, when the cause of its death is sought by divination. Its death will cause great distress to its parents, for it will have been treated with as much affection and devotion as a normal child, but it will not receive normal burial. Only when it reaches the age of about 4 [i.e. is old enough to have a following sibling (*nyeer*)] and is placed under the spiritual guardianship of an ancestor spirit, is a twin definitely regarded as a complete social being.

Tallensi seem to expect, as a matter of course, that at least one of a pair of twins will die in very early infancy.[3] The survivor then has to be

[1] They are always named *Yin* (Heaven) for the older and *Zuur* (tail) for the younger—*Yin*, 'because he sees the light of day first'; *Zuur* 'because he comes last'.

[2] *Vide* previously cited paper 'Food in the Domestic Economy of the Tallensi', by M. and S. L. Fortes.

[3] I can state with absolute certainty that every effort is made to keep twins alive. But the natives assert that the sheer physical strain of nursing and caring for twins is too much for most women. This is highly probable considering that

4: Fortes and Fortes E-5 (1934-1936) 1936
FE11 Tallensi FE11

The meat, already putrescent, is nevertheless enjoyed despite its stench. Fresh eggs, being potential chickens, are never eaten; but addled eggs are much appreciated by children, who bake them in ashes. Children also eat field and domestic mice, a species of toad, and harmless snakes, all of which they shoot with miniature bows and arrows in the later months of the dry season. These things are despised by adolescents and adults who, however, appreciate bigger rodents like moles and water voles. In short, meat supplies are a matter of chance, vary greatly with the season, as will be clearer later, and though much desired, form but a small part of the bulk of food consumed.

FATS AND SEASONINGS. Fats and seasonings have a very important place in Tale cookery, and, like vegetables, are the woman's responsibility. But they are mainly market commodities and a man will frequently give his wife money to purchase them. The only fat used is shea butter (*kpaam*). It is obtainable all the year round. It is made of the nuts of the shea fruit (*kpi*) which are carefully preserved after the fruits have been eaten.

Dawa-dawa seed balls (*kpɔlug*) are made by boiling the seeds of the dawa-dawa fruits. The balls are sold at prices varying from a tenth of a penny for one the size of a large marble to threepence for one the size of a cricket ball.

The laborious processes of manufacture involved prevent many women from making their own shea-butter and dawa-dawa seed balls. Others, who can command the assistance, e.g. of daughters, often prepare enough to have a surplus for sale.

Red pepper (*nanzuuh*) is grown in small quantities by a few men for sale in the market, and much is imported. It is sold at about a halfpenny for a handful.

Rock salt (*yaarim*) is sold in the market by regular traders who fetch it from the south, a small heap (about ½lb.) for a halfpenny.

Ziem, the ash of valley grasses, and *bakaa*, the ash of early millet stalks, are prepared by the women and are stored in large baskets or calabashes for their own use and for sale. They are used as salt substitutes.

THE PRODUCTIVE CYCLE AND THE FOOD CYCLE. We have seen how the domestic organization of the Tallensi works in relation to the supply of grain and the other main raw materials of their diet. We

4: Fortes and Fortes E-5 (1934-1936) 1936
FE11 Tallensi FE11

PRODUCTIVE CYCLE	FOOD CYCLE
SEPTEMBER: Harvesting ground-nuts and other subsidiary crops (roots and legumes) begun. Hoeing and weeding of bush farms continue. Women plucking green ocro and burning early millet stalks for *bakaa*.[2] Ritual festivals commence.	Those who harvested in July already reaching end of supplies of early millet, and resort to market and relatives.[1] Early millet very expensive in market. New ground-nuts (partly green), roots, and legumes supplementing diet largely.
OCTOBER: Harvesting of guinea-corn, rice, root crops, legumes, &c., general. *Neri* lifted. Women drying and storing vegetables.[3]	Food becoming plentiful. Price of grain falling rapidly in market. Cooked food cheap and plentiful in market. Marriage season begins.[4]
NOVEMBER: Harvesting late millet on bush farms, cow-peas and Bambara beans. Women burning valley grass for *ziem*. Children gleaning ground-nuts in play, not because of hunger. Height of ritual festival season.	All kinds of food plentiful. Harvest festivals, during which enormous quantities of food are consumed and circulated and many animals sacrificed, giving the maximum meat supply of the year, and root crops including purchased yams especially in demand for the festivals. All foodstuffs abundant and cheap at market.[5]

[1] Early millet appears in some quantity in the market only at this time; but the prices are about twice the average price of grain. There is some aversion to selling early millet on account of its function in the food cycle.

[2] *Bakaa* is not only used in cooking, but is also chewed with tobacco; hence, there is always a sale for it. The women collect the stalks from their husband's fields, but the *bakaa* is their own property.

[3] With the guinea-corn harvest comes the season of plenty. The tempo of social life and the configuration of social interests changes as completely as the landscape and the climatic conditions. On the economic side attention is at first directed to the selection of seed for storage and the drying and stacking of the grain in the granaries. Women dry and store all kinds of vegetables, especially the much-valued ocro.

[4] The ritual and social activities which dominate this season all require great expenditure of foodstuffs. Marriage involves a period of courtship, during which the suitor brings frequent gifts of guinea-fowls and tobacco to the girl's father and mother. A few days after marriage, the bridegroom sends a large basket of grain and several guinea-fowls to his mother-in-law, and finally has to supply several chickens and guinea-fowls for the legal formalities. The transfer of bride-wealth cattle does not affect the domestic economy materially. Altogether, a man is fortunate if his expenditure is not more than 15 to 20 birds, a block of tobacco (costing 1*s.* or more), a couple of baskets of grain, and a few shillings in money. The girl's family gains correspondingly.

[5] The Harvest and New Year Festivals are celebrated in November. Fowls,

4: Fortes and Fortes E-5 (1934-1936) 1936
FE11 Tallensi FE11

initiative in this matter is never taken by the woman herself. If she has no meat she cooks without it, but the husband, tasting the soup, will observe that her meat is finished and will catch a guinea-fowl for her or give her money to buy one at the market. A woman may not catch one of her husband's guinea-fowls herself or she would be branded a thief, but she could catch one of her own, if she has any. This is the reason why she tells her husband 'So-and-so gave me a guinea-fowl and I had it killed to-day', if she slaughters one she received as a gift. A woman never kills or plucks a guinea-fowl herself because it is unbecoming. She will ask a young boy in the compound to do it for her. We have frequently observed women carrying home live guinea-fowls already plucked for them in the market by some man, so as to avoid delay in the cooking. The freshly killed guinea-fowl is hung up directly over the fireplace where it becomes gradually dried. When it is used the first day it is called *num-mahar*, i.e. fresh meat; after two or three days it is dry on the surface but still soft inside and is known as *num-gahar* or *num-ɔɔra*, i.e. smoked meat; after three days it is dry all through. It is now *num-kpee*, dried meat. There is no preference shown for meat at any particular stage; the Tallensi are an economical people and have a matter-of-fact attitude in this regard. Meat is added to the soup in very small quantities. Used fresh or smoked, it is added as a whole portion, e.g. the head, the neck, a wing, a leg or the breast. Dried meat is ground and stirred into the soup in the same way as the other seasonings. A medium sized guinea-fowl thus lasts a family of seven about a week. Dried meat can be kept any length of time, and if a piece of fresh meat is obtained in the meantime it is used up first. In such a case one guinea-fowl might last a housewife as much as a fortnight.

Beef or donkey-meat is much appreciated. We have seen a woman produce about two square inches of dried beef which was a year old. Such meat is carefully preserved in a pot or calabash among a woman's more valued possessions; but dried guinea-fowl is kept with her other soup ingredients in the kitchen.

Fish is used in the same way as meat, though less frequently, and mainly in dried form. This is due to the fact that it is seasonal and has generally to be purchased. But it is appreciated as much as meat.

Vegetables are the foundation of every soup; meat and fish make

4: Fortes and Fortes E-5 (1934-1936) 1936
FE11 Tallensi FE11

a good soup; but no soup is complete without seasonings (*zikuot*). Red pepper (*nanzunh*), the most important, is never omitted from any soup, is added to other dishes too, and even to native beer to give it more punch. Salt (*yaarem*), though very highly valued, is not as indispensable as red pepper. *Ziem* (the ash of valley grasses) or *bakaa* (the ash of early millet stalks) is sometimes substituted for salt or used in addition to it. A much-favoured seasoning is the dawa-dawa seed ball (*kpɔlug*) which is sometimes even used as the foundation of a soup. Usually the seasoning ingredients are all used together; the more pungent the soup the better it is liked. Most women do not keep large supplies of seasonings, but consider it worth while to walk several miles to the nearest market to buy them.

Thus, though the native considers soup merely as a relish for his porridge, it really provides the vegetable and animal food (the latter in very small quantities) which balances a purely cereal diet.

The soup is always put on to cook first. While it is boiling, the woman sweeps out the close (*dendɔŋo*) where the meal is to be eaten, and prepares the vessels for serving it. The preparation and cooking of the soup takes 30–40 minutes. When it is ready she makes the porridge. In all these tasks a woman is assisted by her young daughters. Small boys, too, sometimes give a hand with the fire, but never with the cooking.

As soon as the porridge is ready it is dished up in several calabashes. The housewife takes much trouble in arranging her husband's portion in neat slices—she is less fastidious about the other portions. Each portion of porridge is rubbed over with shea butter; that of the husband's very liberally. This is the most common way in which fat is consumed. After the porridge has been shared out the soup is poured into an equal number of dishes, or sometimes over the porridge. The actual cooking and serving of food, unlike the fetching of wood and water, does not absorb a great deal of the housewife's time. One hour is sufficient to prepare a meal for ten people.

The amount of food consumed per meal differs according to the seasons. When food is scarce, whatever quantity of grain a woman has she will cook, and it will have to suffice; but a Taleŋa never feels satisfied unless he has had about 1½ lb. of porridge at a sitting.

There is no specially appointed eating-place in the compound.